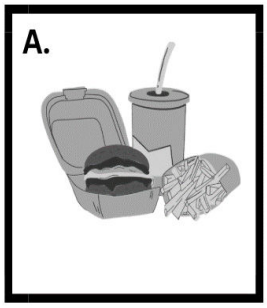
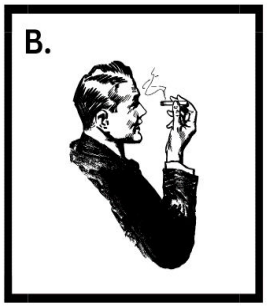
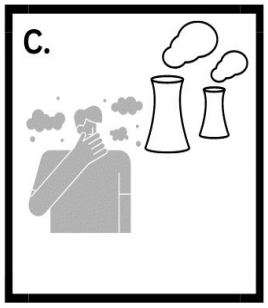
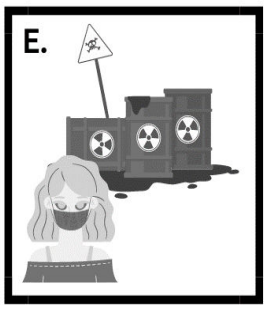
GCSE Effects of Lifestyle Factors on Non-communicable Diseases | Activity Worksheet

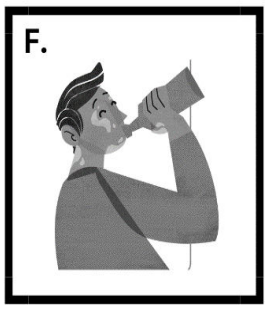
1. Indicate whether the following risk factors are due to lifestyle decisions or environmental exposure.











Lifestyle decisions:

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Environmental exposure:

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2. Two yoga students want to know their BMI. Using the information below, indicate whether their weights are considered healthy, overweight or obese according to their BMI calculation.

A.

Height: 1.60 m
Weight: 60 kg

B.

Height: 1.75 m
Weight: 80 kg

$$\text{BMI} = \frac{\text{Weight (kg)}}{\text{Height (m}^2\text{)}}$$

	BMI
Underweight	<18.5
Healthy weight	18.5 to <25
Overweight	25 to <30
Obese	>30

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GCSE Effects of Lifestyle Factors on Non-communicable Diseases | Answers

1.

A. Lifestyle decisions

B. Lifestyle decisions

C. Environmental exposure

D. Lifestyle decisions

E. Environmental exposure

F. Lifestyle decisions

2. .

A. $60 / (1.6)^2 = 23.44$ (allow one or no d.p.) **(1)**

Healthy **(1)**

B. $80 / (1.75)^2 = 26.12$ (allow one or no d.p.) **(1)**

Overweight **(1)**

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